



Fearless Hearts Foundation  
[www.fearlessheartsfoundation.org](http://www.fearlessheartsfoundation.org)

---

## InfiniSynechis Volume 1, Issue 6

June 2019

---

***Welcome to the 6th issue of **InfiniSynechis**, a  
publication of Fearless Hearts Foundation***

---

### **Foundation News**

*All Foundation News and Updates can be found on the  
FHF website*

---

### **Conscious Living**

*Science has already explored and reported the health benefits of  
meditation.*

The October 17 2017 Article by Mayo Clinic Staff Expounds on the many benefits of meditation in this article:

[Meditation: A Simple, Fast Way to Reduce Stress](#)

"Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life.

These days, meditation is commonly used for relaxation and stress reduction."

Continue reading the article [here](#)

Furthermore, Harvard Researchers study how it seems to change the brain in depressed patients: See article here: [When science meets mindfulness](#)

***Meditation: The First and the Last Freedom-Osho***

*Understand the real meaning of meditation and shade your whole life with the color of meditation.*

*"Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action. Walking can be meditation if you walk alert. Sitting can be a meditation if you sit alert. Listening to birds can be a meditation if you listen with awareness. Just listening to the inner noise of your mind can be a meditation if you remain alert and watchful." ~ Osho*

*Suggested Reading: Autobiography of a Yogi by Paramahansa Yogananda*

---

*Rajneesh/Osho was an Indian spiritual guru, who was born Chandra Mohan Jain, on 11 December 1931 in Kuchwada, Madhya Pradesh,*

*India. He was also known as Acharya Rajneesh, Bhagwan Shree Rajneesh, and later as Osho. Osho left his body on 19 January 1990.*

*Paramahansa Yogananda was born in Gorakhpur, Uttar Pradesh, India, on 5 January 1893. He is the founder of Self Realization Fellowship. He left his body on 7 March 1952.*

## Philanthropy

A gift from the heart, no matter how seemingly of little material value, is far greater than lavish ones given out of obligation. The first liberates, the latter binds both the giver and the receiver.

Notable Philanthropists:

Marc and Lynne Benioff of San Francisco, California have contributed to many causes, above and beyond the need to donate.

Marc is the [CEO of Salesforce](#) and the owner of Time Magazine

---

## Business Insights\*

There is a natural rhythm to every process. This is evident in nature, and our bodies as well. Our bodies "tell us" when to stop and rest.

Rest, in this case, could mean taking a short nap, taking a walk, closing your eyes for a few minutes, paying attention to your breath for a few minutes or simply letting be, letting go of everything for a few minutes, or communing with nature for

a few minutes.

When you do this relaxing for a few minutes, in between tasks, you might find unexpected clarity and sharpness when you get back with whatever you are doing.

In the first issue of InfiniSynechis (January 2019) I outlined several courses of action as below. I am reiterating the list here as a reminder.

1. Welcome and embrace change.
2. Trust yourself. Follow your intuition.
3. Define your success only with your own gauge. You need not compare yourself and your accomplishments with others'.
4. Do only the work that would make you feel most fulfilled.
5. Honor your work style.

Suggested audio: [Flowing with the River of Abundance](#)

Business Tools :

[Learning about Swiss Trusts](#)

[Business Loan to US Citizens For Expanding an Ongoing Business](#)

\*Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.

---

*InfiniSynechis is a publication of Fearless Hearts Foundation*

*Copyright © 2019 Fearless Hearts Foundation, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

